

Among Friends



Fond du Lac Senior Center ...*where friends meet!*

FEBRUARY 2016

Proudly serving the seniors in the Fond du Lac community for almost 50 years!



SENIOR WELLNESS MORNING

Not-So-Newlywed Game
Friday, February 12

8:30—9:30 a.m.

Health Screenings

- Blood Pressure by Heartland Hospice
- Blood Sugar (fast required) by Lutheran Homes & Health Services
- Hearing by Avada Audiology & Hearing Care

Health Info Booths

Visit with representatives from the following:

- *ADRC
- *All About Life
- *Generations Home and Hospice
- *Harbor Haven
- *Rehab Arisces
- *Lincoln House
- *Lakeview Place
- *A Place for Mom
- *Lutheran Homes & Health Services
- *Fountain View

Door Prizes, Handouts, Refreshments, Lots of Fun!

For planning purposes, call 322-3630 to pre-register.



9:30—10:30 a.m.

"The Not-So-Newlywed Game"

We had so much fun at last year's game, we decided to do it again! Join our host Bryan Johnson as we find out how well these couples really know each other. This wellness activity will be a lot of laughs and you don't want to miss out. You must pre-register by calling 322-3630.





A Free Monthly Publication
Vol. 7 • No. 2

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

*Friends bylaws available at the Center.
Visit us online at www.fdlseiorcenter.com*

Newcomer Tour

Call **322-3630** if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



I love to read and find it a great way to unwind and relax. If I'm not reading a book, I'll just surf the web and read about a wide variety of things. Whether it is world news, things going on here in the US, sports stories or business and industry pieces, I like keeping up on the world around me. Sometimes while I'm surfing I'll run across a cartoon or a "meme" (rhymes with seem) that makes me chuckle or gives me pause. The meme that I included in this article did both. It made me chuckle first ... and then it really made me think about life.



At first glance it made me chuckle because the women in the first row look like they are having an absolute blast. Then it made me pause because the women in the third row look like they are completely annoyed. It is interesting to me how they are two ends of the spectrum even though they are experiencing the exact same event.



It made me realize how fortunate we are that there are so many people here at the Center who enjoy life. One of my favorite parts of my job is seeing and hearing all of the fun and laughter that goes on. If you ever see me in the hallways with a funny little grin on my face, it's because I am taking in the moment and enjoying the sights and sounds of the things that are going on. Each and every day, one of you shows me how to embrace and appreciate life. That's why this meme is the focus of this article.

Don't get me wrong, life can be pretty serious at times. We never know from one day to the next what may happen, and so many things are out of our control. The one thing that we can control however is how we enjoy life and react to the things that are sent our way.

Life is definitely a crazy ride. It's up to us to embrace it, hang on, laugh like crazy and live in the front row.

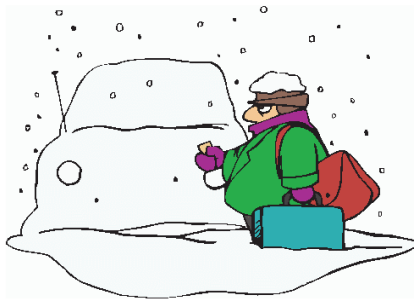
Cathy

Center Closing in Inclement Weather

The Fond du Lac Senior Center will follow the lead of the FDL County Senior Dining program when determining whether or not the Center will be open. If you hear that the Senior Dining Program has been cancelled, the Center will be closed. If the Senior Dining program will be operating, the Center will be open because we are a meal site Monday-Friday.

If we are closed, we will notify the local radio stations (KFIZ and WFDL). They will put it on their radio broadcast and on their webpages. Also, watch our Facebook page (Fond du Lac Senior Center) because we will update it as soon as the decision is made.

Most importantly, we want our members to be safe. While we love to have you here with us each day, please don't take a chance if the roads are bad.



Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the *March Among Friends* newsletter is Wednesday, February 3, 2016. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *News-Talk KFIZ am 1450* *The One You Depend On* Breakfast Show every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

Sponsored by Smith & Hatch Insurance.

Programs & Activities

New!

Dominoes at the Center

Fridays 10 a.m.—12 noon

Beginning Friday, February 12

If you'd like to play dominoes, please call 322-3630.



AFRICAN SAFARI PRESENTATION

Thursday, March 10; 1:30 p.m.

Join author Karl Stewart for a presentation about his African safari. More details coming in March.

Call 322-3630 to register.



BAGELS WITH BEN

Tuesday, February 9

9:00-10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will give a market update and discuss investing strategies on Tuesday, February 9, at 9 a.m. Stop by the Senior Center for this informational presentation. Bagels from The Bagelmeister. Free to attend. Call 322-363 to register.



Good judgment comes from experience, and experience comes from bad judgment.

Calling all Clowns

Informational Meeting

Monday, February 15

1:00 p.m.

The Senior Center is looking for people interested in clowning around and spreading laughter at local nursing homes. If you're interested in leading or being a part of a clown group, call 322-3641 to register.



♥ Happy Valentines Day ♥

Guess How Many M&Ms are in the Jar and Win!



Stop in February 8th—12th and guess the number of M&Ms in the jar at the front desk for a chance to win! **Winner will be announced during the Not-So-Newlywed Game Friday, February 12 at 10:00 a.m.**

Mardi Gras Party

Tuesday, February 9,

Stop in on Fat Tuesday for a little Mardi Gras fun! We'll have jazz music playing and beads hidden throughout the Center. Show us your strand of beads between noon and 3 p.m. for a free beignet!

Limit one strand of beads and beignet per person.

St. Patrick's Day Celebration

Thursday, March 17



Mischievous Leprechauns have hidden coins around the Center. If you find one on St. Patrick's Day, you can trade it in for a cupcake!

INDOOR PICKLEBALL COMING IN MARCH

Demonstrational Meeting

Thursday, February 25, 1-2 p.m.



Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles to hit a perforated polymer ball, similar to a wiffle ball, over a net. It's great exercise and a lot of fun!

Call 322-3630 to register.



Artist of the Month

February: Karen Hausauer

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

Upcoming Umbrella Brigade Performances



The Red Hatter's Umbrella Brigade will be spreading a little sunshine on the following dates:

- Wednesday, February 17; 2:30 at St. Francis Home
- Wednesday, March 30; 2:00 at Grancare

These ladies and their performance will make you smile!

FREE TAX ASSISTANCE

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, & Thursdays 8:30 a.m.—4:30 p.m. Appointments will be available from Tuesday, February 2 through Wednesday, April 13.



The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the TCE program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

Call 322-3630 to make an appointment.

Heart Tree Dedication

**Thursday, February 11
2:00 p.m.**



Join us for our Heart Tree dedication with inspirational thoughts from Pastor Tim Bachleitner, and musical entertainment by Pastor Tim and his daughter, Meribah. Refreshments will be served.

The cherry blossom tree represents the fragility and beauty of life, the perfect symbol for our Heart Tree. Open your heart to the Senior Outreach Program and donate \$3 for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program. Rather than keeping the ornament, it will be hung on our beautiful cherry blossom tree.



HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$3.00 EACH NAME Total Enclosed _____

(Make check payable to: Friends of the Fond du Lac Senior Center)

DONATED BY:

Name _____

Street _____

City _____ Phone _____

Need help with your smartphone, Kindle, tablet, etc.?

Come to
TECH TYME!

Thursdays, 1:00—3:00 p.m.



Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1-3 p.m. on Thursdays.

Pi Day 3-14 (March 14)

PI DAY
Pie Party!



Watch for more details
in our March
newsletter.



Coffee & Conversation

With Sarah Olson the first Friday of each month

Friday, February 5

9:00—10:00 a.m.

Friday, March 4

9:00—10:00 a.m.

Join “Queen” Sarah and your friends at the Senior Center the first Friday of every month from 9-10 a.m. for coffee, donuts, good conversation and a few laughs.

Friends of the Fond du Lac Senior Center



**DINE OUT
COUPON BOOK**

Discounts on dining all year long!

Purchase in Brown Paper Packages Gift Shop—Cost: \$7

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry

Thanks to these local restaurants and businesses for their participation in this year's coupon book:

▪ A&W Drive-In (2) ▪ Ala Roma Italian Pizzeria & Pub ▪ Ang N Eddies ▪ Backyard Grill & Bar ▪ Bagelmeister ▪ Benvenuto's ▪ Blanck's Supper Club—Johnsburg ▪ Blanck's Lake Aire Supper Club ▪ Boda's (2) ▪ Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill ▪ Cool River Sports Grill ▪ Dairy Queen East ▪ Dillion's—Ledgeview Lanes (2) ▪ Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ Friar Tuck's ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant ▪ Green Dragon Brewpub ▪ Mancino's (2) ▪ Oak Central ▪ Philly's on 4th (2) ▪ Philly's on the Miracle Mile (2) ▪ Pioneer Pit Stop ▪ Pump & Pantry ▪ Red Cabin at Green Acres ▪ Rolling Meadows Family Restaurant (2) ▪ Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill (2) ▪ Schreiner's Restaurant ▪ Sebastian's Steak House ▪ Sombrero's ▪ Subway ▪ Sunset on the Water ▪ Taco Johns ▪ Tuckers (2) ▪ Urban Fuel ▪ The Welsch (2) ▪ Wendt's On the Lake

SPECIAL THANKS to GRANDE CHEESE
for their generous contribution toward the printing
of this year's book.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

**Dutch Treat
Valentine Breakfast
Celebration**

Monday, February 15; 10:00 a.m.

Schreiner's Restaurant
168 N. Pioneer Rd., FDL

Register by Friday, February 5
at the front desk.



Brown Paper Packages Gift Shop

... offering your favorite things.

7

Brown Paper Packages Gift Shop is now open!

Visit our warm, inviting gift shop and browse our selection of unique items for you and your home. Many of our products are from local consigners. Come find the perfect gift or something for yourself. You're sure to find a "few of your favorite things"!

Here's a sampling of what's in store for you:

- Coffee, wine, and cheese and other kitchen accessories
- Chocolates by Confections for Any Occasion, honey, nuts and Faris popcorn
- Hats, scarves, mittens, jewelry, clothing and accessories
- Baby and toddler toys
- Candles, soaps, lotions, and greeting cards
- Home décor including wall hangings, picture frames, and floral arrangements
- Garden accessories including bird houses and feeders, and garden art
- And much more!

Monday—Friday 10 a.m.—2 p.m.

Thursday 4—7 p.m.

3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935
(920) 322-3637

*Open to the public— Located inside the
Fond du Lac Senior Center*



Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

February 15 *Visiting Tom*
by Michael Perry

Book synopses available at front desk.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

**1st, 3rd & 5th Wednesdays
at 12:00 p.m.**

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

EUCHRE

Mondays at 1:00 p.m.

DANCES

\$4.00 donation

Wednesdays at 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

MODEL RAILROAD

HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

*All men are welcome to join the
"Retired Old Men Eating Out" for lunch...
You don't have to be retired (or old) to
join in on the camaraderie and fun!*

Thursday, February 4 at Sunset

Call the Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

RECREATIONAL SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Tuesdays at 8:00 a.m.

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

**Friday, February 19
KC Hall**

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history.

New members welcome!



“Learning to Drive”

Thursday, February 11 and Wednesday, February 24

11:45 a.m. Lunch (optional); 12:30 p.m. Movie

February 11 Menu: Hamburger on a bun, cheesy potato bake, corn, cantaloupe slice, ice cream cup

February 24 Menu: Baked chicken, twice baked style potato, copper penny salad, cinnamon roll, pineapple tidbits, sliced bread

2014 movie; 1 hr 30 mins; R, Starring: Sir Ben Kingsley and Patricia Clarkson

As her marriage dissolves, a Manhattan writer takes driving lessons from a Sikh instructor with marriage troubles of his own. In each other's company they find the courage to get back on the road and the strength to take the wheel.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. ***If you register to attend but are unable to come, please call to let us know.***

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



- **Tuesday mornings 9-10 a.m.**

\$45 for 8 class punch card

Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, call 322-3630.

Mall Walkers Smart Souls Wellness Fair at Forest Mall



**Wednesday, February 17;
4:00—6:00 p.m.**

See page 22 for more details.

CHAIR EXERCISE CLASSES



LOW IMPACT CHAIR EXERCISE

With Sarah Olson

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

Men & Women Welcome!

OTHER EXERCISE

Hikers

Tuesday & Thursday 10 a.m.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

Water Exercise

Daily 8 a.m.

at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Heartland Hopsice

Friday, February 12; 8:30—9:30 *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, February 12; 8:30—9:30 a.m. *2nd Friday of the month*

No appointment needed. 12-hour fast required. Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 12; 8:30—9:30 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment. Donations accepted.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 10; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

Thursday, February 11, 18, 25

Call 322-3630 for an appointment.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, February 23; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 10; from 8:30 — 11 a.m.

2nd Tuesday in May & November Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, February 25; 6:30—8:00 p.m. *(4th Thursday)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, February 16; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 American Drive
~ American Room

PARKINSON'S SUPPORT GROUP

Monday, February 8; 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, February 9; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.



Cardio Drumming

Mondays 3–4 p.m.
8 classes for \$24

Cardio drumming brings the fun back into fitness! Drumming classes provide

effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

One of the best reasons to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

Purchase a punch card good for 8 classes for \$24.

Call 322-3630 for details!

Walk to Memphis? You Bet!

**Informational meeting
for walkers**

**Thursday, February 25;
10–11 a.m.**



Put on your “blue suede shoes” and walk to Memphis with the Center!

During the month of March, we will record our steps with the goal of collectively walking 1,384,000 steps (629 miles), the distance from Fond du Lac to Graceland! Everyone who signs up to walk will receive a pedometer to keep track of their steps and a free one month membership to the Lutheran Home’s Wellness Center—the perfect place to walk in the cold weather! Each walker will be responsible for recording their daily steps, which will be due to the Center by Friday every week, so we can chart our progress. If we meet our goal of 1,384,000 steps, we will have a celebration with Elvis! If you’d like to join us on our “walk to Memphis” call 322-3630 to register and join us on Thursday, February 25 for all the details.

Hurry, space is limited to 40 walkers!



INDOOR PICKLEBALL COMING IN MARCH

**Demonstrational Meeting
Thursday, February 25, 1-2 p.m.**

It’s great exercise and lot’s of fun! Call 322-3630 to register for the demonstration.

Senior Outreach Program

Reaching Out – Touching Lives

Community Cares



Volunteers will visit **Kindred Hearts**, 566 Sherwood Drive, Tuesday, February 23, 2:00 to 3:00 p.m. Each month volunteers go to a different local nursing

home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, February 4 at 9:00 a.m.** in room 3 to provide each other support, address any concerns and share success stories.



At 10:00 a.m. Charlie Pratt from Woodlands will be speaking about **Falls Prevention.**

The Senior Outreach Program is funded in part by:

Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs
Fond du Lac Area United Way; Fond du Lac Area Foundation

February

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:00 Low Impact Chair Exercise
9:00 Woodcarving Club

1:00 Euchre
1:00 German Club
1:00 Poker
1:15 Sheephead
3:00 Cardio Drumming

5:30 FDL Artist Association

2

8:00 Tax Aide
8:00 Skat
8:30 Pool League 8 Ball
9:00 Tai Chi
9:00 AARP Board Meeting
10:00 Hiking
10:00 Acrylic & Oil Painting Class
10:00 Singing
12:30 Bridge
1:00 Bingo sponsored by Manor Care
1:00 Stitchery Group
1:00 Drawing & Watercolor Class
3:00 Mixed Media Art Class
6:00 Winnebago Woodworkers at Horace Mann High School
6:30 Senior Dining-Fat Joe's

3

8:00 Tax Aide
8:30 Pool League 9 Ball
8:30 SCAMP
9:00 Hand Chimes
9:45 Video Chair Exercise

12:00 Hand & Foot
12:00 Canasta
1:00 Recreational Sheephead
1:15 Sheephead

7:30 Wed Night Dance—Roger and Eddie

4

8:00 Tax Aide
9:00 Senior Outreach
9:00 Hand Chimes
10:00 Hiking
10:00 Scrapbooking
10:00 Beginning Bridge
12:00 ROMEO's—Sunset
12:30 Bridge
1:00 Flying Geese Quilters
1:00 Tech Tyne
5:45 TOPS #0566
6:00 Country Line Dancing
6:00 Chartastics Scrapbook Club

5

9:00 Coffee & Conversation
10:00 Red Hat Chorus

12:30 Wii Bowling
1:00 Memories Writers Group
1:15 Sheephead

6 Saturday
10:00 Beg. Country Line Dance

7

Sunday

8

Guess the # of M&M's Contest
9:00 Low Impact Chair Exercise
9:00 Woodcarving Club

1:00 Euchre
1:00 German Club
1:00 Poker
1:15 Sheephead
3:00 Cardio Drumming

6:30 FDL Area Writers Club
6:30 FDL Concert Association

Happy Travelers Trip-Appleton PAC "Band of Royal Marines"

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Guess the # of M&M's Contest
8:00 Tax Aide
8:00 Skat
8:30 Pool League 8 Ball
9:00 Tai Chi
9:00 Bagels with Ben
10:00 Hiking
10:00 Singing
10:00 Acrylic & Oil Painting Class
12:30 Bridge
1:00 Bingo
1:00 Stitchery Group
1:00 Drawing & Watercolor Class
3:00 Mixed Media Art Class
6:00 Winnebago Woodworkers
6:00 Coin Club
6:30 Senior Dining-Schmitt's Oar

10

Guess the # of M&M's Contest
8:00 Tax Aide
8:30 Pool League 9 Ball
8:30 SCAMP
9:00 Hand Chimes
9:45 Video Chair Exercise

12:00 Hand & Foot
1:00 Recreational Sheephead
1:15 Sheephead

7:30 Wed Night Dance—Jarrod Ebert

11

Guess the # of M&M's Contest
8:00 Tax Aide
9:00 Foot Care
9:00 Hand Chimes
10:00 Hiking
10:00 Scrapbooking
10:00 Beginning Bridge

12:00 Movie—"Learning to Drive"
12:30 Bridge
1:00 Tech Tyne
2:00 Heart Tree Dedication

5:45 TOPS #0566
6:00 Country Line Dancing
7:00 Sunset Stitches

12

Guess the # of M&M's Contest
8:30 Health Screenings
8:30 Senior Wellness Morning
9:30 The Not-So-Newlywed Game
10:00 Red Hat Chorus
10:00 Dominoes
12:30 Wii Bowling
1:00 Memories Writers Group
1:15 Sheephead
13 Saturday
10:00 Beg. Country Line Dance
14 Sunday
6:00 Model Railroad
Happy Travelers Trip-Fasching Dinner and Show in Johnsonville

15

9:00 Low Impact Chair Exercise
9:00 Woodcarving Club
9:30 Book Club
10:00 Red Hat Honey's Dutch Treat Valentine Breakfast

16

8:00 Tax Aide
8:00 Skat
8:30 Pool League 8 Ball
9:00 Tai Chi
10:00 Hiking

17

8:00 Tax Aide
8:30 Pool League 9 Ball
8:30 SCAMP
9:00 Hand Chimes
9:45 Video Chair Exercise

18

8:00 Tax Aide
9:00 Hand Chimes
9:00 Foot Care
10:00 Hiking
10:00 Scrapbooking

19

10:00 Red Hat Chorus
10:00 Dominoes

12:30 Wii Bowling
1:00 Memories Writers Group

<p>1:00 Euchre</p> <p>1:00 Clowns</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>3:00 Cardio Drumming</p>	<p>10:00 Singing</p> <p>12:30 Bridge</p> <p>1:00 Bingo sponsored by Lakeview Place</p> <p>1:00 Stitchery Group</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining-Benvenuto's Social at 5:30</p>	<p>12:00 Hand & Foot</p> <p>12:00 Canasta</p> <p>1:00 Umbrella Brigade</p> <p>1:00 Recreational Sheepshead</p> <p>1:15 Sheepshead</p> <p>4:00 Mail Walkers Wellness Fair</p> <p>7:30 Wed Night Dance—Ron Tanbenheim</p>	<p>10:00 Scrapbooking</p> <p>10:00 Beginning Bridge</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:30 AARP</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:00 Chartastics Scrapbook</p> <p>Happy Travelers Trip-North Star Casino and dinner at Jim & Linda's</p>	<p>10:00 Sheepshead</p> <p>1:15 Supper Club—KC Hall</p> <p>Social 5:00. Dinner 5:30</p> <p>20 Saturday</p> <p>10:00 Beg. Country Line Dance</p> <p>12:00 Chartastics Crafters</p> <p>21 Sunday</p>	<p>10:00 Memories Writers Group</p>
<p>22 Newsletter Assembly</p> <p>8:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>3:00 Cardio Drumming</p>	<p>23 Tax Aide</p> <p>8:00 Skat</p> <p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>10:00 Hiking</p> <p>10:00 Singing</p> <p>10:00 Acrylic & Oil Painting Class</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing & Watercolor Class</p> <p>2:00 Community Cares—Kindred Hearts</p> <p>3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p>6:30 Senior Dining—Sunset on the</p>	<p>24 Tax Aide</p> <p>8:00 Pool League 9 Ball</p> <p>8:30 SCAMP</p> <p>9:00 Hand Chimes</p> <p>9:45 Video Chair Exercise</p> <p>12:00 Movie—"Learning to Drive"</p> <p>12:00 Hand & Foot</p> <p>1:00 Recreational Sheepshead</p> <p>1:15 Sheepshead</p> <p>7:30 Wed Night Dance—Tom Virant</p>	<p>25 Tax Aide</p> <p>8:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p>10:00 Hiking</p> <p>10:00 Beginning Bridge</p> <p>10:00 Walking to Memphis</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:00 Pickleball</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>26 Friends Board</p> <p>9:00 Red Hat Chorus</p> <p>10:00 Dominoes</p> <p>12:30 Wii Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshead</p> <p>27 Saturday</p> <p>28 Sunday</p>	<p>2/8 Mon 10:00 Parkinson's Support Group-Aurora Health Care</p> <p>2/9 Tues 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</p> <p>2/16 Tues 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>** All Orange Events are held Offsite</p>
<p>29 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshead</p> <p>3:00 Cardio Drumming</p>	<p>LET'S DO LUNCH!</p> <p>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is Senior Dining required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</p> <div>  <p>Fellowship, Food & Fun</p> </div>				<p>Donate to the Heart Tree in memory of a deceased loved one</p> <p>Dine Out Books are available for purchase as well as Kwik Trip Gift Cards.</p> <p>Don't forget to renew your Friend's Membership</p> <p>Gift Shop is open</p> <p>10-2 Monday-Friday</p> <p>4-7 Thursday</p> <p>3rd Saturday 10-2</p> <p>Open Pool daily except during league playing time.</p>

Classes

WE'VE GOT CLASS! REGISTER NOW!



MORaine
PARK
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
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COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

103-483-30998	M, W	Apr 18, 20, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

103-485-31000	M, W	Apr 27, May 2, 4, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
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Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

IS AN iPad OR TABLET RIGHT FOR YOU?

103-606-31233	T	April 19, 2016	1 day	9 a.m.—Noon	3 hours	S. Markfort	\$25.90	\$20.55
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With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.

Classes

15

BASIC MICROSOFT EXCEL

103-453-30999	T	April 26, May 3, 10, 2016	3 days	1:00-4:00 p.m.	9 hours	TBD	\$4.50	\$36.60
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Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended.

SETTING UP A FACEBOOK PROFILE

103-678-30909	R	April 28, 2016	1 day	1:00-5:00 p.m.	4 hours	K. Kraft	\$20.55	\$25.90
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Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

CONNECTING ON FACEBOOK

103-679-30917	R	May 12, 2016	1 day	8:00 a.m.—Noon	4 hours	M. Aleithe	\$20.55	\$25.90
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Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

NOTE: Because the Senior Center's computer lab is used for tax preparation, we are unable to schedule MPTC classes during that time. Computer Basic and other classes will be offered at Moraine Park's Fond du Lac Campus. Call 922-8611 for class schedules.

Art & Recreation Classes

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
February 2, 9, 23; March 1, 8, 15, 22			
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
February 2, 9, 23; March 1, 8, 15, 22			
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
February 2, 9, 23; March 1, 8, 15, 22			
Country Line Dancing	Thursdays	6—7:30 pm	\$10 for 4 class punch card
February 4, 11, 18, 25; March 3, 10, 17, 24			
Beg. Country Line Dancing	Saturdays	10:00—11:30 am	\$7.50 for 3 class punch card
February 6, 13, 20; March 5, 12, 19			
Open Sewing Lab	Wednesdays	3:30—6:30 p.m.	\$15 for a 5 class punch card
Watch newsletter for next session coming spring 2016			
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 class punch card
February 2, 9, 16, 23, March 1, 8			



Keep up with Senior Center news and activities, like us on Facebook!

Brain Games

COMMONYMS

Commonyms are groups of words that share a common trait. For example, the answer to: A Car—A Tree—An Elephant would be that they all have trunks.

1. Loan – Pool – Great White

2. Clog – Pump – Flat

3. Rain – Fur – Trench

4. Silver – Tin – Nickel

5. Coffee – Oil – Air

6. Tulip – Lamp – Onion


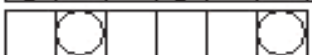

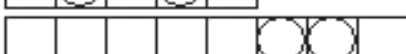

7. Saturn – Dirty Shirt Collars – Newlyweds

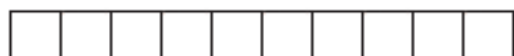
8. Date – Cook – Phone

Answers: 1. sharks, 2. shoes, 3. coats, 4. metal
5. filters, 6. they have bulbs, 7. they have rings,
8. books

MUMBO JUMBO

Unscramble each of the clue words. Take the letters that appear in the circles and unscramble them for the final message.

TETRUMP 
RAGTIU 
NOAPI 
LAERITNC 
SUDRM 



Answers:
trumpet, guitar, piano, clarinet, drums
Final Message: INSTRUMENT

Services

Senior Dining



Fellowship, Food & Fun

February 2016

**Fond du Lac County
Senior Dining**

*The Senior Center is now serving meals
on Fridays. Come join us for lunch!*

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.



Registration for lunch by calling 929-3937 at least one day in advance before 1 p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Monday, February 1: Salisbury Steak
- Tuesday, February 2: BBQ Meatballs
- Wednesday, February 3: Glazed Ham
- Thursday, February 4: Baked Spaghetti
- Friday, February 5: Chicken and a Biscuit
- Monday, February 8: Pepper Steak
- Tuesday, February 9: Baked Chicken
- Wednesday, February 10: Macaroni & Cheese
- Thursday, February 11: Hamburger on a Bun
- Friday, February 12: Crispy Fish Fillet
- Monday, February 15: Hawaiian Meatballs
- Tuesday, February 16: Roast Turkey
- Wednesday, February 17: Escalloped Potatoes and Ham Casserole
- Thursday, February 18: Meatloaf
- Friday, February 19: Cheese Tortellini in Marinara Sauce
- Monday, February 22: Swiss Steak
- Tuesday, February 23: Hungarian Goulash Casserole
- Wednesday, February 24: Baked Chicken
- Thursday, February 25: Meatballs in Honey Mustard Sauce
- Friday, February 26: Salmon Loaf
- Monday, February 29: Smoked Sausage

BEGINNING YOGA

**Tuesdays, April 5, 12, 19, 26,
May 3, 10, 17, 24
8:30—9:40 a.m.**

Introduces students to all the essentials of yoga. Practice breathing techniques, stretches, and posture. Please bring a yoga mat or blanket.



Instructor: Jeane McDowell

Cost for the 8-week session:

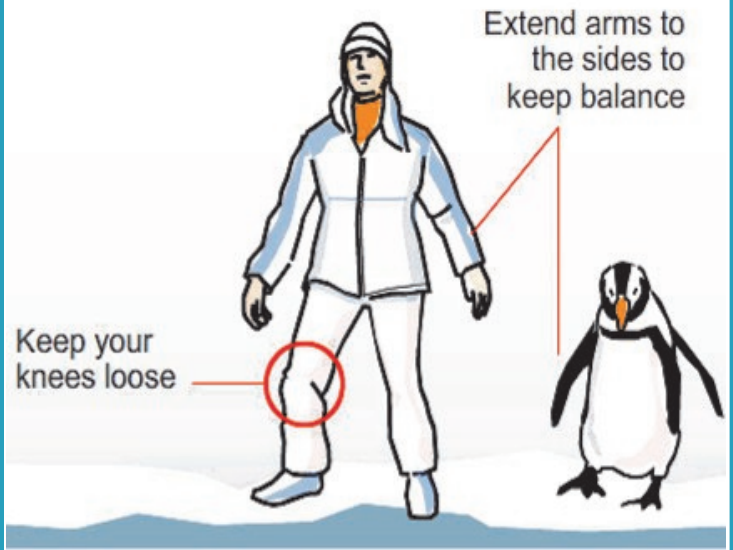
Age 62 or over—\$28.58, under 62—\$36.60

Course #: 807-600-31344

Register at Moraine Park Technical College in person or call 922-8611 (ask for the registration desk). You will need the course number when you call. Some classes may have limits as to the number of students, so prompt registration is encouraged. Classes held at the Senior Center.

How to Safely Walk on Ice: Walk like a Penguin!

**KEEP YOUR CENTER OF GRAVITY OVER
YOUR FRONT LEG.**



Services

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



February 2 **Fat Joe's**
February 9 **Schmitt's Oar House**
February 16 **Benvenuto's**
February 23 **Sunset on the Water**

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season.
Call 322-3630 for an appointment.
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE
ARE
HERE
TO
HELP**

Happy Travelers

19

**Be a Happy Traveler...
We're going places!**



Happy Travelers is in the process of planning our 2017 trip schedule and would appreciate your input. On the form below, please indicate your level of interest for each trip and return the form to the Senior Center.

Clip and Return

Please indicate your level of interest for each of these trips and return this form to the Senior Center. Thank you for your input!

Cuba, 8 Days, \$4,699

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

China, 9 Days, \$2,899

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

Australia & New Zealand, 12 Days, \$7,499

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

Sicily, 9 Days, \$3,499

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

Costa Rica, 8 Days, \$3,499

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

Alaska - Land & Cruise, \$4,399

___ Very Interested, ___ Interested, ___ Maybe,
___ Little Interest, ___ No Interest

Happy Travelers

Be a Happy Traveler... *We're going places!*



-WE'RE GOING PLACES

Mary Schneider, Travel Coordinator **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.
Membership is \$10 for a single and \$15 for a couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.

WASHINGTON, DC

with Diamond Tours

April 21–28, 2016

Two-day guided tour of Washington, DC featuring the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monument tour. Guided tour of Monticello home and grounds.



\$739 Double
8 Days—7 Nights



\$299 Double
3 Days—2 Nights

CHICAGO GUIDED TOUR OF THE CITY

Diamond Tour

May 17–19, 2016

Visit 360 Chicago, formerly the John Hancock observatory, for breathtaking views of the city, lakefront and four neighboring states; Navy Pier; Chicago's Money Museum; relax aboard an architectural cruise on the Chicago River; and much more!

Happy Travelers

21

Be a Happy Traveler... *We're going places!*



Join Happy Traveler's
for these upcoming
casino trips!

North Star Casino

Thursday, February 18

8:30 a.m.—6:30 p.m.

\$59

Dinner at Jim and Linda's IN



Oneida Casino

Thursday, March 10

10:00 a.m.—6:30 p.m.

\$59 Dinner at Schwarz's IN



Chicago Flower Show

Friday, March 18

8:00 a.m.—9:00 p.m.

\$65 DT

Leave winter behind and come to the beautiful Chicago Flower & Garden Show. Experience more than 20 life-size gardens, daily seminars, workshops, DIY projects and much more. A perfect way to get inspired for your own gardens!

Enjoy lunch on your own at one of the many restaurants on Navy Pier.

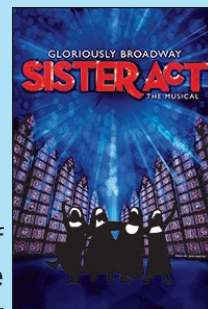
Sister Act

Fireside Theatre

Thursday, May 12

8:15 a.m.—6:00 p.m.

\$105 IN



Enjoy this hilarious skit of Deloris, a Las Vegas lounge singer, who witnesses a murder and is forced to hide in a convent pretending to be a nun. This fast-paced comedy is filled with nuns, cops, gangsters, mistaken identities, comic chases, rapid fire jokes and a fabulous musical score.

Cheese Heads "A Taste of Wisconsin"

Wednesday, April 13

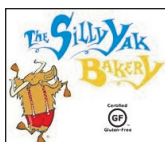
7:30 a.m.—6:00 p.m.; \$65 IN

*Come along for these tasty
made-in-Wisconsin tours!*

* Alp & Dell Cheese Factory
Monroe, WI

* Minhas Brewery
Monroe, WI

* Silly Yak Bakery (Gluten-free)
Madison, WI



Mystery Trip

2 Day Trip

Wednesday—Thursday

July 27—28

\$206 double

4 meals included

Allow us to "allure" your curiosity. Good food, interesting sites and an overnight stay.

Our Mystery Trips always fill up fast and promise lots of adventure and fun.

Sign up today!



Motown the Musical

Appleton PAC

Thursday, April 7

6:00 p.m.—11:00 p.m.

Two Tier Pricing: \$72 & \$86 No meal

Motown the Musical is a celebration of music! It's the story of Motown's founder Berry Gordy who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Filled with classic songs including: "My Girl," "What's Going On," "Dancing in the Street," "I Heard it through the Grape Vine" and dozens more.



Announcements

AARP MEETING

Thursday, February 18; 1:30 p.m.

Speaker: Allen Buechel,

Fond du Lac County Executive

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.



Thank you!

Thank you to the **Fairwater Lions Club** for their generous donation to the Senior Center's Outreach Program. Your generosity is appreciated by the Center and the people we serve.

TRIAD/SALT MEETING

(Seniors and Law Enforcement Together)

Thursday, March 24

1:00 p.m.

Speaker: Amy Hansen

Topic: Downtown Fond du Lac

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meeting have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.

COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.



Mall Walkers Smart Souls Wellness Fair at Forest Mall

Wednesday, February 17; 4:00—6:00 p.m.

The Forest Mall Walkers Smart Souls program is holding an evening Wellness Fair on Wednesday, February 17th from 4 to 6p. m. Various health and active adult programs will be showcasing opportunities for maintaining good health. Generations Home Care and Hospice, Lakeview Place Assisted Living, and HCR ManorCare have partnered to provide a great walking program for helping people stay active and healthy, but also are now sponsoring a Wellness Fair to share other ideas for good health.



Come out to Forest Mall anytime to sign up to earn Smart Soul dollars for various prizes. Winter can be a difficult time for active adults - Forest Mall offers a safe and warm environment to walk miles and window shop at the same time. Forest Mall opens at 8:00 am for walkers 7 days a week. For more information or to sign up for the Mall Walkers program, go to the Forest mall Center Court and go to the Management Office or call 920-922-5863.



North Fond du Lac Knights of Columbus Raffle

Lots of prizes including a Harley Davidson and cash!

Tickets are \$5 each and must be purchased before Friday, April 15.

Drawing held Friday, April 29.

See Bob Katzfey for tickets.

Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

2016 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2016 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

February 2016 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

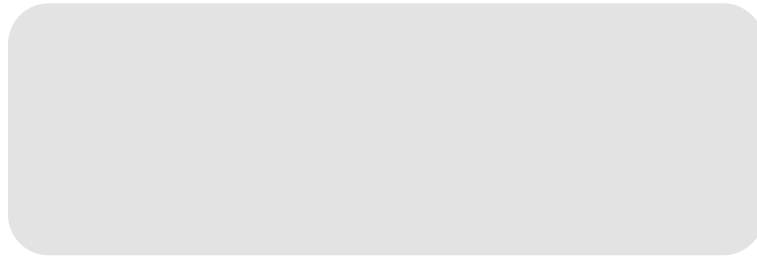
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FOND DU LAC SENIOR CENTER 920-322-3630

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cloomans@fdl.wi.gov

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Mary Schneider 322-3635

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Olson 322-3641

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Olson 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Jerry Gordon
Robert Katzfey
Mary Kind
Vickie Michels
Charlotte Nelson
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah
Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY